

École Citadel Middle School

1265 Citadel Drive, Port Coquitlam, BC V3C 5X6
Phone: 604-945-6187 Fax: 604-937-8042

October 2024



MISSION STATEMENT

Working together,
our mission is to
provide a safe,
nurturing and
responsive
environment that
meets the unique
developmental
needs of early
adolescents.

Greetings Ecole Citadel Families,

We are starting to see the change in weather, a little cooler in the mornings and evenings, the light is fading earlier and the Fall colours are bursting, signaling the change of seasons. It is a beautiful time of year and hopefully a time when we can share our gratitude and kindness with family friends and even the larger community. At the very least we can appreciate all that our school community, province and country have to offer. As we look around the world, let us all be thankful for what we have and as much as we can share hope for peace in other parts of the world.

While the seasons may be changing outside the pace and energy inside this place just keeps going...perhaps even busier than normal as our Fall Athletics are in full swing, clubs are up and running, music program well underway and classes heavy into learning while continuing to build upon community charters and **Taking Care of Ourselves, Others and This Place**. There is a positive vibe tumbling through the halls on most days and we are feeling gratitude for the intelligence, care, kindness and energy your kids bring to this place every day. And of course, gratitude for an amazing staff who seemingly harness that energy and direct it into some incredible learning opportunities and fun along the way. It has been a great start up to the year and much more to come.

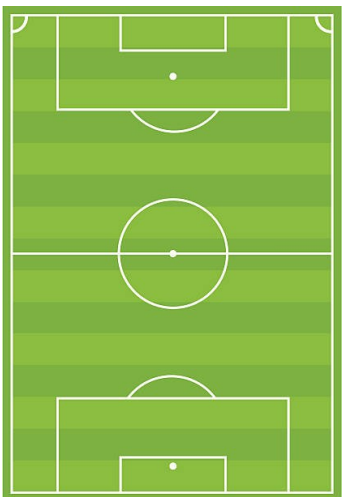
I would like to remind everyone we will be hosting our first round of **Parent / Student / Teacher Three Way Conferences on November 5th and 6th**. We will dismiss students both days at our regular lunch break, 12:20 PM. This provides time for teachers to have meaningful conversations with their students and families. Teachers will be reaching out later this week to invite parents and guardians to sign up for a 20 to 30 minute conference.

Three-way conferences have proven to foster a positive and open home-school relationship. As we focus our assessments on **communicating student learning**, the conference will be an opportunity for your son or daughter to be part of the assessment process and involved in setting their own learning goals. We focus on proficiency language and mapping out a continuum of learning for your child which focuses more on competency-based assessment for learning. It is essential that parents are partners in this process. During the Three-Way Conference, your child will have the opportunity to share a portfolio of their work, representing their strengths and areas for improvement. We will look forward to seeing you all here at some point over our two or three days of conferencing.

Thank you all for your support and for sharing your children with us. Working together, our learning community is an awesome place to be.

Cheers, A bientot, hay c̓xʷ q̓ə

MARK AND RACHEL



PARKING

To avoid unsafe traffic conditions before and after school, please plan to meet your child further up Citadel Drive or lower down towards Pitt River Road.

We ask that families pay attention to all parking rules. Please do not park on the inside of the roundabout beside the flag poles. This creates congestion that is unsafe. Thank you for your cooperation.

Athletics

It has been an exciting start to Fall athletics for our Citadel students! The swim team led by Ms. Berner has been busy in the pool and had their district meet October 11th at City Centre Aquatic Center. Ms. Pitman and Mr. Battle have been running all over with our Cross-Country team and had some excellent performances by our students at their first meet last week at Eagle Mountain Middle School. Notable finishes were

from several of our runners who finished within the top 12 for their grade. Volleyball has also been in full swing. Grade 7 and 8 Girls and Boys all had their first games and look forward to competing again next week. Grade 7 Boys are away at Summit while the Grade 7 Girls host Summit. The Grade 8 teams will be playing each other at our intersquad game next week.

Cross Country *Practices Mondays and Thursdays at lunch*

- District Meet : Oct 24 @ Mundy Park

Volleyball

Grade 6 -Practices Mondays and Wednesdays at lunch

- Jamboree November 1st

Grade 7 -*Girls Practice Thursday before school Boys Practice Thursday after school*

- Games are Tuesdays at 3:30pm
- Oct 22nd & 29th TBD
- "B" Tournament Nov 12th location TBD
- "A" Tournament Nov 19th location TBD

Grade 8 -*Girls practice Monday before school & Fridays at lunch Boys practice Tuesday before school & Fridays at lunch*

- Games are Wednesdays at 3:30pm
- Oct 23rd Girls @ Minnehada, Boys @ Citadel
- Oct 30th Girls @ Pitt, Boys @ Citadel
- "B" tournament Nov 13th location TBD
- "A" tournament Nov 20th location TBD with quarters, semis, and finals played Nov 21st location TBD (only teams advancing from round robin play on the 20th will play on the 21st)

All games (except for tournaments) should be done by approximately 430pm.

Explorations

In STEAM Innovations, students are looking at the math and science of jobs and energy. They are studying future space missions to the moon and mars in Minecraft and will be using math skills to study how the world has changed over the last 200 years.

In Home Arts this term the students have been learning how to be safe in the kitchen, how to safely store and take care of food, and they have explored the kitchen labs in preparation for our first recipe: apple crisp. If you child is in this class ask them to make some for you!

In Music explorations are looking at the world of folk music; from different countries around the globe, to music made right here at home in Canada. Students will be playing guitar for most of the term, with some African drumming, midterm. They are also going to be making their own instruments out of recycled materials and composing their own songs.

In Media Arts, students will be blending competencies from Arts and The Applied Design, Skills, and Technology curriculum. Some of what they will be working on is podcasting, coding an original project, and looking at principles of design to create engaging graphics.

In Drama, students are exploring the art of storytelling through the expressive mediums of mime and improvisation. Through games and collaborative performances, students are building confidence and creativity while discovering the power of spontaneity in theater.



Counsellor's Corner

For those of you who have not met us yet, we are Cathy Pitman (Counsellor) and Devon Dey (Youth Worker). We have been enjoying connecting with students that are back at Citadel this school year, and meeting those that are new to our community. We have visited most classrooms in the school to share what mental health support can look like here at Citadel. Briefly, we assist students with regulation strategies, coping skills, nutrition support, and peer conflict resolution. We meet with students individually, in groups, and in sometimes we teach topics related to the Heath curriculum in classrooms. If you would like to connect with us, or if you have any concerns around your child, please reach out to us through the school.

Cathy Pitman

School Counsellor

Learning Services

We have many faces on our learning services team this year and we wanted to introduce everyone to the community! Our learning service's team includes Laine Klimko, Crystal Bjerke, Jeff Battle, James Gill, Lindsay Crudo, Ralph Goring, Kathy Berner, Cathy Pitman, and Rachel French.

Our Educational Assistant team has grown this year, and we are excited to welcome Sanam Taham, Michelle Klug,

Flor Meraz and Mackenzie Einarson. In addition, we are excited to welcome back Adela Shkembi, Rita Anderson, and Kirsten Goll.



River Community

In September, we welcomed Erika from the Sierra Club BC into our community to kick off our outdoor education program, "Roots and Rivers." This initiative, led by the Sierra Club, has begun with engaging place-based learning sessions, focusing on connecting students with their local environment. We look forward to continuing this in October with teacher-led activities. Additionally, we are honoured to incorporate Indigenous learnings with the guidance of Danielle Kraichy from SD43's Indigenous Education Department in our Grade 8 classroom. This opportunity allows students to engage and reflect on their learning and to use their critical thinking skills to deepen their understanding of the world around them. We look forward to a month filled with growth, discovery, and meaningful connections as we delve deeper into academics.

Mountain Community

YODEL-AY-HE-HOOOOO Mountain Community!!! Yodelers, mountain goats, and yeti's alike have been working hard in our community to create great connections so far this year. Currently, our community is participating in a community-wide read aloud of "The Barren Grounds" by David Roberston, a Canadian and Norway House Cree author. The Barren Grounds explores the story of Ocheq, a Cree origin story of the Big Dipper that sees two foster children, Morgan and Eli, stumble upon a fantasy world in similar style to Narnia. Speaking of space, Mountain Community is planning a one-way trip to space to explore the stars up close and in person. Just kidding! But we are planning a field for the end of the month. On October 30th, the Coquitlam Express Hockey team invited Middle Schools from around the district to join them for free as they take on the Surrey Eagles. Our entire Mountain community will be attending this field trip at the Poirier Sport and Leisure Complex in Coquitlam. More information about the field trip, including permission forms, will be sent out to you soon.

Spirit Halloween Day

Wear your ghoulish, goblinisk, creepy, scary, fun, creative costumes on Thursday October 31st for our Halloween Spirit Day. A dance is scheduled in the afternoon. The Student Events Leadership Team along with Ms. Thomas have been planning and creating some decorations and fun for the whole school. The dance is just one option. There will be some games, a movie, and some concession items all set up for a wonderful, whacky, scary afternoon of fun.

As always please be mindful when planning what to wear for this fun day. We encourage creative costumes and definitely allow for some of the traditional spooky attire. We also want everyone to be sure they are respecting our fun safe expectations around costumes and what you can and cannot bring to school on that day, what is ok and not ok for our Halloween fun day. You can refer to this letter which is posted on our website under District News for more information.

ATTENDANCE

ABSENCES ,LATES &

EARLY DISMISSALS

PLEASE ALWAYS
ADVISE
THE OFFICE IN
ADVANCE WHEN
YOUR CHILD WILL
BE ABSENT OR
HAS TO LEAVE
THE
SCHOOL EARLY
BY
LOGGING
AN ABSENCE OR
EARLY DISMISSAL
USING
THE ABSENCE
REPORT ON OUR
SCHOOL WEBSITE
OR CALL
THE OFFICE.
THANK YOU.



PHOTO
RE-TAKES ARE
WEDNESDAY
NOVEMBER 6TH

SCHOOL CASH

ONLINE

SCHOOL FEES & FORMS

Please make your payments for fieldtrips, athletic fees, yearbook and activity fees etc via school cash online.

Please also be sure to fill out our School Policy Form.

Activity Fees \$35.00

Athletic Fees \$15.00

The athletic fee is for students who are participating in a school team sport.

VOLUNTEERS

If you would like to volunteer or be a volunteer driver, fill out the volunteer forms here as well. You will need an up to date criminal record check (A letter to waive this fee can be obtained at the office), and a current ICBC abstract on file at the office

EMERGENCY RELEASE FORMS

Please complete the emergency release form for your child. A copy of this form was sent home in September. You can also find this form online on our school website under quick links-parent e-forms-Emergency Release. Please return this form to the school.

Sky Community

Team Sky is enjoying settling into the new school year, engaging in a variety of community-building activities and forging new connections. The group has participated in events such as the Terry Fox Run, the Olympiad, a murder mystery game, and creative activities like chalk drawings. They've also been learning how to draw maps. In addition to these activities, the team has started reading either *Harry Potter* for the 6/7 classes or *The Hunger Games* for the 7/8 classes.

Ocean Community

To start off the year, Ocean Community concentrated on team building and incorporating Indigenous Ways of Knowing and Being into group activities. All three classes learned about the 7 Sacred Teachings: Courage, Respect, Wisdom, Humility, Truth, Love and Honesty. Each student chose one word and created graffiti art as well as an independent reflection on the meaning of the word. Ocean Community has also used the Indigenous People's Atlas of Canada to learn about the history of residential schools and the importance of governance. This will lead up to the creation of meaningful, individual land acknowledgment. Ocean also discussed values and chose some to commit to as a community.





Scholastic Book Fair

Here's what you need to know about the Fair. The Fair will take place from November 5-7 in the Citadel Library. The Fair will be open at lunch and after school on the nights of the Parent Teacher Conferences (November 5-6).

Reasons to Support the Book Fair:

Choosing their own books empowers kids and inspires them to become Bolder, Prouder, and Stronger Readers. AND—as always—every book they buy earns Rewards for our school.

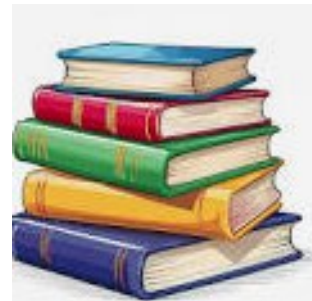
I'm hoping to have 1-2 parent volunteers for each of the following times to assist myself and our student volunteers on November 5 and 6 during the Conferences.

If you would like to volunteer, please reply to jbattle@sd43.bc.ca with when you are available.

I look forward to seeing you at the Book Fair!

Jeff Battle

Teacher-Librarian, Citadel Middle



PAC DONATIONS

IF YOU WOULD LIKE
TO MAKE A DONATION
TO PAC YOU CAN DO
SO ON SCHOOL
CASHONLINE.

WE APPRECIATE
ANY DONATIONS
TOWARDS OUR PAC
INITIATIVES IN
SUPPORT OF OUR
SCHOOL.



Parent Advisory Committee

Upcoming Hot Lunches

Wednesday October 30, 2024-Red Robin

Wednesday November 13, 2024-Subway

Thursday November 21, 2024-Pasta Polo

Wednesday February 12, 2024-Subway

Wednesday April 9, 2024-Subway

The "Citadel PAC" Facebook page is up and running.

Please LIKE us, so you can be kept informed.

Facebook page is:

<https://www.facebook.com/Citadel-PAC-1153379771500483/>

New PAC email address : citdelmiddlePAC@gmail.com



ANNOUNCEMENTS

Daily announcements are
published on our website
so families can keep up to
date with what is
happening day-to day
around the school.
Always check the website
and school calendar for
important dates and
announcements.



On the Calendar

Non Instructional Day	Friday October 25th
Communicating Student Learning	November 5th & 6th
Photo re-take day	Wednesday November 6th
Remembrance Day	Monday November 11th
School Based Pro-D Day	Monday November 18th
Schools Close for Winter Break	Friday Dec 20th-Friday January 3rd
Schools re-open after Winter Break	Monday January 6th

Hot Lunch

SUBWAY LUNCH FOR NOVEMBER IS OPEN FOR ORDERING!

The Citadel PAC's hot lunch program is BACK this year! Money raised from these lunches will go toward important initiatives and support for the students and Citadel Middle School!

Last year the PAC was able to raise funds to help with the Grade 8 leaving ceremony, buses for field trips, Passion Projects and the installment of the outdoor stone gathering space!

ORDER NOW!

Two lunches are currently open for ordering!

Red Robin - October 30, 2024 (ordering closes Oct. 23rd)

Subway - November 13, 2024 (ordering closes Nov. 6th)

No late orders will be accepted.

All orders must be paid with a credit card.

HOW TO ORDER:

- 1) Go to <https://munchalunch.com/schools/citadelmiddle>
- 2) If you already have an account you will be asked to update your child's class
- 3) For new registrations: Click the "Register Here" button.
- 4) After adding your children, click the green "Order Lunch" button to order lunch.
- 5) Next time, just click the "Login Here" button to access your account.



Thank you for supporting the CITADEL MIDDLE SCHOOL PAC!

Rethinking Social Media for a Better Understanding of our Children and Youth

Open to all community members and parent/caregivers

Presenter: Madison Cameron, Youth Specialist Center for Trauma Informed Practices

This presentation is developed for parents and caregivers to help give them a better understanding of how kids use and perceive social media. In this presentation parents and caregivers will gain insight into apps that youth are using that adults may not be aware of as well as some of the ways social media can change the way youth perceive themselves and the world around them. It will also highlight that the differences in the human experience between youth and their parents/caregivers is not as great as what many believe. The wants and needs of children and their parents/caregivers (when they were children) have not changed. It is the adult perspective and thoughtful strategies that need to change to strengthen connections with those lost in their handheld devices.

This session will center on the crucial role parents play as a protective factor in their child's development, establishing a strong focus for this year's Family and Community Learning Series. Research shows that when parents are informed and actively involved in their children's lives, they are better equipped to provide the support and guidance needed during the challenging adolescent years. By fostering this connection, we can empower families to create nurturing environments that promote resilience and positive growth in youth.

Pre-registration is required. You will receive an email with the access link 2 days prior to the session date.

[REGISTER HERE](#)

[CLICK HERE FOR MORE INFORMATION ON THE FAMILY & COMMUNITY LEARNING SERIES SD43](#)



SD43 FAMILY AND COMMUNITY
LEARNING SERIES IS BACK!

Free Parent Presentation

Rethinking
Social Media
for a better
understanding
of our children
and youth



MADISON CAMERON

WED.OCT 23, 2024

6:30-8:00 PM PST

ZOOM ONLINE

PRE-REGISTRATION IS REQUIRED.
[CLICK HERE](#) TO LEARN MORE
ABOUT THE SESSION

STAY INFORMED WITH UPCOMING SESSIONS!
WWW.SD43.BC.CA/FAMILYSERIES

